

Senior Lifestyles

YOUR GUIDE FOR ACTIVE NH SENIORS

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FREE



Finding unity under the American flag during COVID-19

Some moments are etched in our national memory - and the American flag stands at the center of them.

Six U.S. Marines raising the flag over Iwo Jima during World War II. Buzz Aldrin saluting the flag on the moon's surface in 1969. Three New York firefighters hoisting the flag above the rubble of the World Trade Center after 9/11. The American flag is an icon that unites us all.

Every year, on June 14, Americans have the opportunity to honor this national symbol. Flag Day, which commemorates the day the U.S. flag was first adopted, June 14, 1777, serves as a timeless reminder of the nation's shared freedom and solidarity, and all those who protect us. This year, like many times in history, the Stars and Stripes are proving their strength in fighting a new and invisible enemy - COVID-19.

As the pandemic has threatened the lives of America's most vulnerable populations, the flag has been a vital part of the nation's response - appearing in the windows of people's homes, marking miles of neighborhood and city streets, adorning the storefronts of businesses everywhere. One story tells of a man who began carrying it on his runs as a means to



honor frontline workers and inspire those who saw him.

Across these examples, the sight of the flag brings the service and sacrifice of military service members into clear view. All those who work, fight and give of themselves tirelessly to the safety and security of this nation and every citizen. The flag's use as a sign of unity during this challenging time is the ultimate expression of this country's freedoms.

"When our troops are deployed, the image that unites them in their mission is our flag standing tall and waving free," says American Legion Auxiliary National Americanism Committee Chair Denise Conrad. "Our flag stands for justice, freedom and democracy - the cornerstones of Americanism and patriotism."

The American Legion Auxiliary (ALA) seeks to advocate for veterans and their families and on military issues, and to provide opportunities for Americans to demonstrate their love of country and patriotism. This Flag Day, as you proudly display your American flag and show your appreciation for all it represents, remember these simple U.S. Flag Code rules:

- When hoisting or lowering the

flag, salute or place a hand over your heart.

- The flag should not be displayed on rainy days unless it is an all-purpose flag.

- When lowered, the flag should never touch anything beneath it.

- When a flag is tattered or torn, it has served its useful purpose and "should be destroyed, preferably by burning."

Many American Legion posts conduct disposal of unserviceable flag ceremonies on June 14, Flag Day. Such ceremonies are particularly dignified and solemn occasions for the retirement of unserviceable flags.

The American flag is a symbol of solidarity and comfort - particularly for those who have risked their lives defending their country.

No matter the nature of the challenges faced - from unseen threats to visible dangers - the flag stands in tribute to all those who are on the frontlines protecting freedoms and to the spirit and the resilience of the American people.

For more information on how you can volunteer, join or donate to the American Legion Auxiliary, visit www.ALAFORVeterans.org. (BPT)

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Ways to stay connected (and check on Seniors) while social distancing

You know we're all going a tad stir-crazy when a parody of the title song from Broadway's "Oklahoma!" ("Oh, Corona!") gets almost 1.7 million views on YouTube. But it's far worse for seniors: Not only can't even their kids and grandkids visit them, but there's the extra stress that comes with the nagging suspicion that they'll be advised to remain on lockdown long after younger people begin trickling back to work.

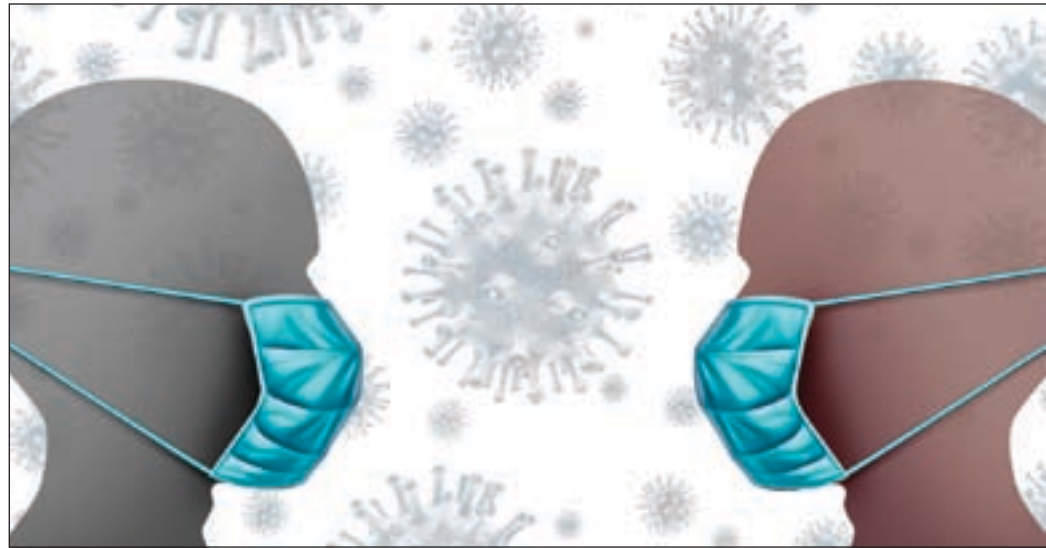
Whenever that is.

In fact, the AARP Foundation has even come up with this dire comparison: Prolonged social isolation, for those aged 50 and older, "is the health equivalent of smoking 15 cigarettes a day." Fortunately, some of the niftiest technology offers solutions both to keep us connected and protect against some of the miscreants taking advantage of the situation.

■ **Health Checks.** If you are worried that all the anxiety is harming your loved ones' overall well-being, the machine-learning algorithms that analyze activity data as part of Alarm.com's Wellness solution can provide you with the very details you've suddenly found yourself obsessing about.

Did they open their medicine cabinet when they should to take their prescription? Have their sleeping, eating, and (yes) bathroom patterns changed? Are they up and about during the day?

All that and more is done by connecting their home to yours via smart-home technology, with real-time smartphone alerts to let you know if something's amiss. "You don't even know it's there, but it's here to



protect you and let someone know if something does go wrong," said Margarete Pullen of Dallas, Texas, whose son had the system installed by an authorized service provider for her and her husband along with a Wellcam video camera with two-way voice capability.

■ **Movie meet-ups.** Most of us are just trying to find novel ways to cope with a situation that Nicholas Christakis, a social scientist and physician at Yale University, told Science magazine "calls on us to suppress our profoundly human and evolutionary hard-wired impulses for connection."

Google's new Netflix Party extension lets friends and family watch - and video chat their way through - a movie together on their computers. You'll need a Netflix subscription, but then you're free to debate whether all the hype about Martin Scorsese's "The Irishman," say, was justified.

Plus, unlike in real theatres, not many people (if any) are physically there to complain if you're making too much noise eating popcorn.

■ **Apps! Apps! Apps!** No Netflix subscription? With apps like FaceTime, Skype, Houseparty and Zoom comes more proof that social distancing needn't mean social disconnecting. Mass virtual dinner parties. Mass virtual "happy hours." Mass virtual gym classes. They've all become quite the rage, with one Vermont couple in their eighties even touchingly using Apple's FaceTime to see and talk to each other after the husband had to be put in a nursing home that bars visitors during the pandemic.

And, oh, you say you want to be a hero in your neighborhood? Use an app like Instagram to share a video of someone that Alarm.com's doorbell cameras caught swiping one of the many, many packages you've been having delivered. (NewsUSA)

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Concord Reg. VNA fosters community thru Virtual Wellness programming

Concord Regional Visiting Nurse Association (Concord Regional VNA), the largest home health and hospice provider in New Hampshire, is reimagining its wellness programs for a virtual setting as Granite Staters continue to practice social distancing amid the coronavirus pandemic. New programming was developed to support families facing limited or no in-person contact with loved ones due to visitation restrictions at skilled living facilities. Existing programming on topics related to aging, caregiver support and education, and bereavement, have been adjusted to accommodate virtual gatherings.

"Social distancing can lead to isolation and loneliness, especially among our most vulnerable populations," said Beth Slepian, President and CEO, Concord Regional VNA. "Staying connected to others is more important than ever and adapting our wellness programs to a virtual format is one way we can support our community during this challenging time."

All of Concord Regional VNA's virtual

programming is available at no cost to participants. For a complete list of virtual wellness and support programs, visit Concord Regional VNA's events calendar at www.crvna.org/calendar.

CURRENT VIRTUAL PROGRAMMING INCLUDES:

■ **Supporting Families through Facility Restrictions:** connects people with loved ones in assisted living, retirement communities or skilled nursing facilities. Many healthcare facilities are either limiting or not allowing visitors during the pandemic, leaving the families and loved ones of residents feeling worried, lonely and helpless. Each Wednesday, Concord Regional VNA social workers and spiritual care counselors provide an online conversation platform for participants to gain ideas for coping and to share their experience with others facing similar challenges.

■ **Life after Loss; Adult Grief Group:** is a seven-week adult grief discussion group led by trained grief facilitators who provide grief support

and education to participants who have suffered a recent loss. Facilitators and participants will share the tools they have learned that have been helpful in their grief journey. Morning or afternoon sessions are available on Mondays beginning July 6, and pre-registration is required.

■ **Spousal Loss Group** is a seven-week adult grief discussion group that helps people who are coping with the death of a spouse or significant other. Participants are encouraged to share their thoughts, feelings, and challenges associated with grieving. Morning or afternoon sessions are available on Tuesdays beginning July 7, and pre-registration is required.

■ **Capital Area Memory Café** is a monthly gathering of individuals living with memory impairment, and their family and friends. This safe, supportive and engaging environment provides an opportunity to connect and learn from others who understand and embrace the challenges of living with memory impairment. The next virtual gathering, which requires pre-registration, is scheduled for Aug. 19. This program ▶

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is a collaboration of Concord Hospital, Concord Regional VNA, Dartmouth-Hitchcock Concord, and Granite Ledges of Concord.

■ **Better Choices, Better Health™**

is a six-week interactive workshop for adults age 18 and older living with or caring for someone with arthritis, diabetes, hypertension or any other ongoing mental or physical health condition. Facilitators provide valuable tools and information to help manage disease symptoms, maintain proper nutrition and exercise, communicate with healthcare providers and more. The summer session is currently underway and the fall session begins September 15. People interested in this workshop are encouraged to check the events calendar regularly for updates, as space is limited.

■ **Powerful Tools for Caregivers**

is a six-week, evidence-based educational program offered by health care organizations nationwide. Concord Regional VNA is the only organization in New Hampshire to offer this program, which provides family caregivers with tools on how to take care of themselves while caring for a relative or a friend. Concord Regional VNA offered the program virtually in March, and will offer it again later this year. Details on how to register for the program will be posted on Concord Regional VNA's website, www.crvna.org.

Through Concord Regional VNA's wellness services, patients, families and the larger community have access to programs that address aging, healthy lifestyles, advanced care planning, grief and bereavement, falls prevention and guidance for caregivers.

More than 2,700 people in the



region benefit from these programs each year.

"When in-person gathering was no longer an option, finding a way to continue offering our wellness services to the community was incredibly important to us," Slepian said. "The community counts on us to provide education, support and guidance, and now with remote offerings, this resource is available to people in the comfort of their homes."

Concord Regional VNA has been caring for people in their homes and leading the way in population health since 1899. Concord Regional VNA's more than 400 highly skilled clinicians and staff members provide unmatched care across the entire life span – from birth to end-of-life. The agency provides a broad array of services,

including home care, hospice care, palliative care, pediatric and maternal child health, and personal home services, as well as community clinics and wellness programs, to more than 8,000 New Hampshire residents of all ages each year.

Earlier this year, Concord Regional VNA and Central New Hampshire VNA & Hospice announced the two agencies' intent to merge – a move that would meet the growing demand for home and community based health care in the Greater Capital Region and Central New Hampshire and bolster the agencies' future sustainability. More information on the proposed merger is available at www.vnaforthefuturenh.com. For more information about Concord Regional VNA, please visit www.crvna.org.

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EVENTS

AUGUST 1 - 2020

Summer Fun Craft Fair - Free. Tanger Outlets, 120 Laconia Rd., Tilton, NH. Phone: 6035284014. Don't miss the Summer Craft Fair at Tanger Outlets with beautiful arts and crafts including New England photography, cedar



wood furniture, jewelry, feather art, quilts, soy candles, primitive wood and dolls, and more.

AUGUST 4 - 2020

Digital Cartography: How does recent technology impact our historical understanding of the White Mountains? - Free. 34 Highland Street Plymouth, NH. Phone: 6035353210. We have a rich history of cartography in the White Mountains, but until recently, we were limited in our ability to interpret our world to what we could see. The digital age has 'opened our eyes' to a spatial



realm that we can render and reimagine in ways that defy our predecessors. Larry Garland, who established AMC's digital cartography program in 1996 and has served as staff cartographer ever since, tells the story of how satellite and aerial imagery, GPS, Lidar, 3D terrain models, and crowdsourcing on social media have reshaped our world – or at least our understanding of it. Presented as part of the Museum's summer exhibition: Wayfinding: Maps of the White Mountains. The Summer 2020 Speaker Series was made possible with support from New Hampshire Humanities, in partnership with the National Endowment for the Humanities. Learn more at www.nhhumanities.org Please visit our website for up to date information in the event that this program is cancelled or rescheduled: www.plymouth.edu/mwm

AUGUST 6 - 2020

SoulFest - Varies based on ticket. 719 Cherry Valley Rd.,



Gilford, NH. Phone: 6032934341. 3 days, 4 stages, 75+ Artists & Speakers all focused on Christian Music hosted at Gunstock Mountain Resort. Gates open at 9am. Music and activities end around midnight each night of the festival Onsite SoulFest camping August 4 - 9 "The purpose of SoulFest is to celebrate God's love and encourage all who attend to live from the inside out

as soul-connected, risk-taking Believers in God's love. A clearer understanding of God's love will increase our capacity to love ourselves, those with whom we live, and our neighbors. Our capacity to take action against any injustice will increase when we truly believe that God's love is real, for everyone, prevails and is unconditional. Dan Russell, Co-Founder of SoulFest

AUGUST 8 - 2020

The Power of Angels, Kitty Angels Fundraiser - Free. 106 Ponemah Rd., Amherst, NH. Phone:



6036722535. The new dates have been announced and the momentum is picking up speed! This fun and exciting fundraiser is scheduled for August 8 & 9 for 9AM-5PM. It will feature artisans and crafters, professionals, food, flea

market and yard sale vendors in a county-fair type atmosphere, complete with live entertainment. Featured throughout the fundraising weekend and into the month of September, is an electrifying raffle of numerous and diverse prizes. The multi prize raffle has always been successful in raising added funds for these events. Please come, and also consider adopting a new, life-long forever-friend as well.

AUGUST 9 - 2020

Hay Day Family Festival - Members: free, non-members: included in regular admission fee. 456 Rt. 103A, Newbury, NH. Phone: 7634789. A fun-filled day ▶

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EVENTS



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while relaxing on the Veranda. A delicious lunch from the grill and strawberry shortcake will be for sale from 11am-2pm.

AUGUST 11 - 2020

3-Day Watercolor Plein Air Workshop - \$150.00
132 Route 16 / White Mtn. Hwy., Tamworth, NH. Phone: 6033238041.



Three day immersion workshop at varied locations near Chocorua Village experimenting with color, paper, perspective,

composition and execution. Experience the joy of the medium, it's control and happy surprises, immediacy and transparency. Instructor JP Goodwin. Details and supply list upon registering. (Class size: 3 to 8 students) PLEASE NOTE: The safety of our students and staff remains a top priority and we will practice the recommended safety guidelines. Please preregister to secure your place.

AUGUST 12 - 2020

Hidden Stories: Looking into the Lives of



our Wild Neighbors
- FREE. 34 Highland St., Plymouth, NH. Phone: 6035353210.

What do wild animals do every day? Many of us have no

idea. There are stories hidden in the natural communities around us waiting to be discovered. Squam Lakes Natural Science Center developed the Hidden Stories project to reveal these stories on its 200 acre campus. The project utilizes over 24 trail cameras to document the variety of wildlife present and GIS mapping to analyze the patterns of use. Learn more at www.nhhumanities.org Please visit our website for up to date information in the event that this program is cancelled or rescheduled: www.plymouth.edu/mwm

AUGUST 14 - 2020

On The Green 2 Arts & Crafts Festival - Free
Brewster Academy, 80 Academy Dr., Rt. 28, Wolfeboro, NH. Phone: 6035284014.



Don't miss this fabulous arts and crafts festival on the shores of

beautiful Lake Winnepesaukee!!! There will be over 90 exhibitors with arts and crafts including amazing chain saw wood crafts, cedar wood furniture, handpainted furniture, glass garden art, feather art, metal art, fine jewelry, seasonal decor, soy candles, scarves, fabric creations, wildlife photography, kettle corn and more!!!

AUGUST 15 - 2020

14th Annual Dixville Notch Music, Arts & Crafts Festival. Free Admission. 1478 Route 26, Colebrook, NH. Phone: 6032371898.



Visit the North Country this summer to enjoy a fantastic festival! High quality arts & crafts vendors are set up both in the pavilion,

and also outside on the surrounding grounds displaying their homemade and handcrafted items for sale. Food vendors provide great options for lunch and the gazebo serves as a stage for live entertainment. This year's music theme is "Singer-Songwriters", featuring three talented musicians. The location is absolutely breath-taking, including a waterfall, ponds, and manicured lawns and gardens in a private setting.

AUGUST 17 - 2020

Back-To-School Blitz - Free. 2 Common Court North Conway, NH. Phone: 6033567031

Enjoy great kids activities including arts & crafts, music, yard games and a special 45-minute live variety show street performance.

AUGUST 20 - 2020

Market Days Festival - Downtown Concord, Concord, NH. Phone: 6032262150. The ultimate free summer



festival is coming to you hot! The 46th Annual Market Days Festival has been rescheduled

for August 20th, 21st, and 22nd, 2020. Instead of kicking the summer off, we are ending in a blaze! Dine. Shop. And Experience Market Days like never before! It's time to celebrate! And we're doing just that in New Hampshire's capital city. This three-day festival is returning to Main Street in downtown Concord, NH on August 20th, 21st and 22nd from 10:00am- 8:00pm each day. This fun packed event provides an abundance of shopping in the downtown retail businesses and 100+ pop-up vendors. It also features a variety of performances and activities for the entire family! As they say, there's something for everyone at Market Days! Visit www.IntownConcord.org for more information. #Live.Shop.Play.Concord

AUGUST 22 - 2020

Mt. Washington Valley August Craft Fair - Free
1 Norcross Circle - Schouler Park, North Conway, NH. Phone: 6035284014. Come and join the fun at this wonderful craft fair with 75 exhibitors displaying an



array of arts and crafts including seasonal decor, metal art, feather art, photography,

quilts, totes/pocketbooks, fine jewelry, fabric creations, soy candles, cedar wood furniture, kettle corn, fudge, and lots more! See you there! Next to the Scenic Railroad in downtown scenic North Conway!



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Sensory loss can bring increased risk of isolation, depression

According to a study by The University of Chicago, nearly 94 percent of older adults in the United States are living with at least one diminished sense. While many seniors experience hearing or vision loss, senses such as taste, touch and smell can also be affected.

Diminished senses are commonly regarded as minor annoyances, but they have also been linked to serious and long-lasting problems for older adults, including loneliness and feelings of social isolation. Researchers at the University of British Columbia examined the impact of undiagnosed or untreated hearing issues in seniors ages 60 to 69 and found that for every 10 decibel drop in hearing sensitivity, the odds of social isolation increase by 52 percent.

Left undetected, the loss of senses can result in feelings of depression and diminished quality of life for older adults. That's why Home Instead Senior Care encourages families to be mindful of signs that an older adult is experiencing diminished senses, including:



■ **Hearing:** Signs of hearing loss can include difficulty following conversations, increased exhaustion following social interactions, trouble maintaining balance, feeling as if there is a buildup of wax or fluid in the ears, or continually increasing volume on television and radio programs.

■ **Sight:** Visual impairment affects almost 3 million older adults in the United States. Warning signs may include hesitance with stairs, blurry or discolored vision, difficulty identifying familiar faces or objects, and loss of interest in reading mail, newspapers or books.

■ **Touch:** Weakened sensitivity to

touch can also pose a hazard to seniors. A decreased reaction time to very hot or very cold surfaces can be a sign that the sense of touch is beginning to decline, and can lead to accidental injuries.

■ **Taste/Smell:** Additionally, a diminished sense of taste and smell can also occur as we age. According to The University of Chicago, 74 percent of aging adults will suffer from impairment to the sense of taste, which works simultaneously with the sense of smell. Individuals may experience lack of appetite, loss of interest in food altogether, or complete loss of taste or smell.

Home Instead Senior Care provides specialized training for its CAREGiversSM to help them better understand the aging process, identify the signs of sensory loss and deliver the best care for seniors experiencing the impacts of sensory loss, such as loneliness and isolation. Visit caregiverstress.com or find a Home Instead office near you at www.homeinstead.com/state. (NewsUSA)

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